

Chicken and Cranberry Salad

Rating: ★★★★★

Makes: 4 servings

A simple and delicious salad topped with almonds and dried cranberries.

Ingredients

- 12 ounces** chicken, cooked and diced (1 1/2 cups)
- 1/2 cup** vinaigrette dressing
- 1 cup** dried cranberries (or cherries)
- 1/8 cup** almonds (sliced)
- 1** head of lettuce (of, - chopped)

Directions

1. Toss chicken, cranberries, and almonds with dressing.
2. Serve on a mound of chopped lettuce.

USDA Food and Nutrition Service, Creative Recipes for Less Familiar Foods
Food Distribution Service



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	364	
Total Fat	16 g	25%
Protein	26 g	
Carbohydrates	30 g	10%
Dietary Fiber	3 g	12%
Saturated Fat	3 g	15%
Sodium	839 mg	35%

MyPlate Food Groups

Fruits 1/2 cup